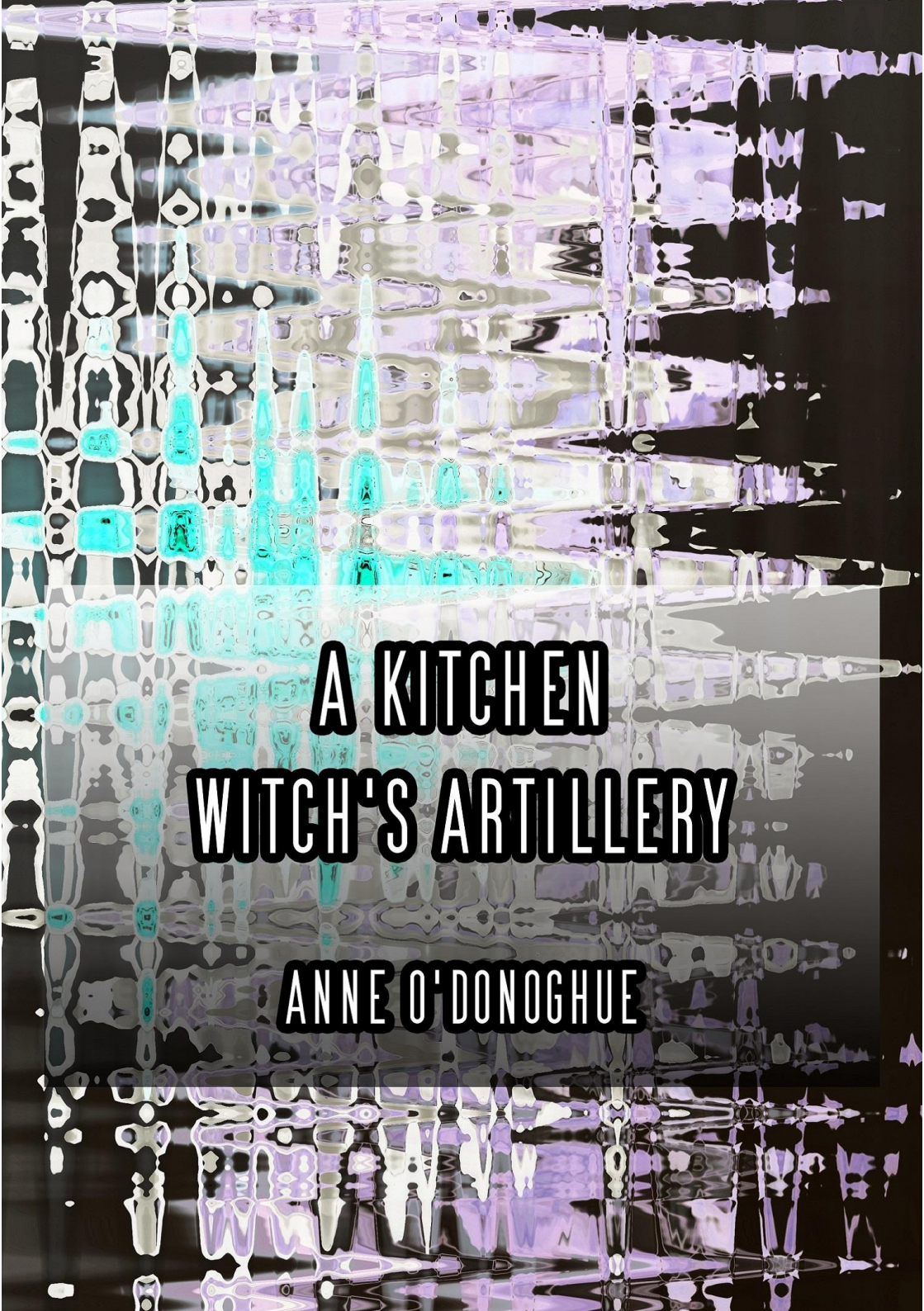

A KITCHEN
WITCH'S ARTILLERY
ANNE O'DONOGHUE

A Kitchen Witch's Artillery

Anne O'Donoghue

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Introduction

Kitchen witchcraft is one of the simplest forms of witchcraft one can adopt or generally get involved with. After all, who doesn't enjoy a well-deserved meal at the end of the day? Making that homemade dish and inserting all of our love and care into the food we cook, providing for and nourishing our body and mind is one way we can insert some magic. Even while cooking for another. That plate carries all of the nutrition and calories needed to survive. It goes without saying how this can be a great method in which we may instil our desires. Any hopes and dreams we may have can go into recipes of any kind. It doesn't matter if the yield is large or small. How we shape the dough is an art all of its' own, and adding an extra touch through a sigil might just be what the doctor ordered. Kitchen witchery doesn't need to be pretty; it can be downright dirty with a counter filled with flour, or hot water spilled off to the side. Alternatively, it may be a tranquil scene with an organized rack of spices tidily positioned in alphabetical order. Whatever the method, whichever ingredients that are on hand, there is always room to insert your creative mind and intent to make something truly magical. Nobody needs to be a master chef to be a kitchen witch. Your arsenal may be self-rising flour in a mug and ready to be inserted into the microwave, or a breast of chicken and thyme ready for the oven. There are no gates that bar entry into this style of craft.

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Colour In Magic

Colour in magic typically has its place and meaning behind it, and often plays a role for many in delivering the outcome desired of spellwork. If you want to encourage love for yourself, consider a pink cup or some pink food colouring. The colour pink is often housed with love and admiration which extends not just to others but to the individual self as well. When cooking or baking, perhaps keep a wish in mind according to the colour it might most be associated with as these colours may increase the power behind your works. Know that this is not mandatory as an act but something which may benefit you by choice. The below may be useful as a guideline:

Colour Guide

Black: Banishing, repelling, exorcising, shadow work.
Grey: Neutralizing forces, shielding, self-defence.
White: May be used in place of other colours, cleansing, protection, tranquillity, truth.
Pink: Love, affection, adoration, romance, friendships, happiness.
Red: Lust, anger, *chaos, strength, violence, war, frenzy.
Orange: Energy, fertility, adaptation, uplifting, success, friendship.
Yellow: Energy, abundance, focus, intelligence, logic, success, solar magic.
Purple: Guidance from spirits and the unconscious self, divination, psychic abilities, clarity, intuition.

Blue: Creativity, wisdom, *fertility, peace, tranquillity, *primordial Godhead.
Green: *Sickness and plague, prosperity, healing, luck, money magic, *Underworld.
Brown: Material possessions, material and mental stability, renovations, hearth and home, Chthonic works.
Gold: Solar magic or influence, *Godhead, money magic, prosperity, intelligence.
Silver: Lunar magic and influence, money magic, shadow works, intuition, guidance.

*It should be mentioned that these are my personal views on colour correspondences and their uses within my own magical practices. Some of these are based more on a view which an Ancient Egyptian might have. These meanings may easily be switched around or discarded if they don't apply to your beliefs or practices.

Food and superstition

There are certain things which be behind particular foods or leftover pieces such as the "wish bone" found on a chicken carcass. Rather than throw this away, consider cleaning this normally remaining scrap and make a wish. You may wrap it in twine and hang it in your kitchen to draw luck toward your wish, or to allow it to manifest on a shelf (make sure it's really clean before doing this). Alternatively, you may place it inside a pouch with herbs associated with your wish and those aligned with success. You can even include a piece of paper with your name and wish on it. This pouch may be sewn from some fabric, or a pre-purchased bag for use in this case.

Other works would be to stir soups and stews clockwise three times each to bring forth a desire or manifest something, though this is likely Wiccan in origin. This would overall lead us to our next topic.

Food and Symbolism

Symbolism can play a large part when working in the kitchen, just as it would outside of it. There is a plethora of examples of symbolism. One of the most popular being the pentacle – quite known for providing protection. This may be drawn with a knife onto a pastry, or this shape simply stirred with a spoon in your pot. Even using a spoon to do this in your morning coffee can be useful. Consider writing personalized sigils into puff pastries before baking, or using food colouring as an option for when you want to present a food item with a clear depiction (or semi-clear). This same sigil can be obscured by facing the pastry down (be careful the image doesn't bleed while cooking if this bothers you, I personally view it as entering the food and activating that way). Or proudly display your work on the top for everyone to see. Nobody will be any the wiser to the magic if you want it that way. Simply make sure that this would be beneficial for all involved and wouldn't cause any unintended harm (unless that isn't how you play – that's your decision). As is usual; making and forgetting your symbols is one of the most popular methods in magic. It is thought that allowing the magic to occur without thinking about it means the magic can go about influencing what you want more efficiently. This is why 'create and forget' magic can be great for some. It also means our expectations are gone, so that there is no further prevention of the work halting and coming into existence in a way that

may benefit you in a way you might not have even thought of. For others, thinking about their spell doesn't impact the outcome. Do what works for you!
I will assume you are already aware of how to create sigils and activate them, or activate pre-existing images for use in your craft. Next, I'll list ingredients and meanings that apply according to my own practices with some links mentioned at the base of this text for any that did not originate from my own system. Ingredients have been sectioned off and there may be some repetition here and there for the sake of the practitioner who may glance through for relevant sections. I hope you may find use of them.

Common Baking Ingredients

Aluminium Foil: Protection, returning spells to their caster, reflection, repelling negative forces, solar magic.
Baking Soda: Protection, cleansing, rises or stops volatile reactions in people and situations, removes fiery people from your life.
Baking Powder: Protection, cleansing, creates good or bad reactions in people and situations according to magician's requirements.
Butter: Protection, abundance. Fattens relations (increases the beneficial nature). Making situations slippery. Raises effectiveness of other ingredients.
Condensed Milk: Sweetens, attraction, fertility, abundance, Spring. Offering to house spirits.
Cheese: Comfort, delight, earth magic, abundance.
Cream: Fertility, abundance, luck, money. Fattens relationships and situations. Introduces beneficial complexity to relationships and other situations.

Eggs: Abundance, fertility, luck, absorbing. Perfect for Spring celebrations.
Flour: Abundance, prosperity, healing, creativity.
Ghee: See butter.
Milk: Abundance, Spring, fertility, strength. Think of these associations when mixing into your dough. Can soothe the mind and body, may calm the digestive system when served hot. Can weaken certain effects of other ingredients. Causes mildness. When sour it can be used in cursing situations or people.
Yoghurt: Cooling, soothing, health, beauty. Excellent for introducing good flora into the gut if high quality. Sweetens relations.

Gelatine: Sticks together and binds relationships or individuals of all kinds, for whatever purpose Stiffens situations or causes them to come to a standstill. May create transparency in people's motives.
Lard: Preserving good relationships and situations. For use in works that fattens a man, his heart, and his wallet. Abundance works. May enhance effects of other ingredients - such as goodness, or otherwise. Use to cause sickness in excess. Preservation, perseverance, willpower, strength, abundance.
Margarine: Causes situations to become 'slippery' and become loose or fall apart. Allows wiggle room for new things to enter life and removal of the old. Abundance, willpower, perseverance, strength.
Parchment paper: Repelling, slightly absorbing, protection, willpower, endurance.
Salt: Protection, banishing, repelling.
Sugar: Sweetens relationships of any kind, happiness, energy, love, affection.

Common Herb Encyclopaedia

Basil: Protection, repelling, health, healing magic.
Black salt: traditionally scraped materials from an iron pan or pot. It may be dark and dull remnants from prior cooking or general iron fillings from the cooking materials. Modern day black salt may be charred remnants, coal, or even food colouring mixed with salt. Used to ward off malevolent spirits and protect. Alternatively, may be used in place of some cursing materials where others could be lacking.
Chicken Spices: A mixture often found ready for use from stores across the world. We can usually find paprika, chilli, cumin, and other herbs collectively in these shakers. Even if pre-prepared, their uses are still multiple and apply to the herbs included in their blend. This mix may be used to warm others up to you, protect from negative spirits, and depending on heat, remove people from the home or your life.
Cinnamon: Wealth, prosperity, health, business, success, luck, cleansing, aphrodisiac, love magic, money drawing. Autumn and Winter celebrations or seasonal magic.
Common Sage: Prosperity, clarity, wisdom, wish magic, healing, cleansing, banishing. Planetary Jupiter and Moon energy.
Garlic: Repellent, protection, cleansing, purification. Good for heart and blood health.
Ginger: Soothing, warming, abundance, wealth, success, sensuality, sexuality, health, passion, protection. Energizes other spells. Eases digestive discomfort and relieves nausea.
Mixed Herbs: Another popular shaker mixed with herbs including thyme, oregano, marjoram, and more. This may be

used in protection work, to warm the body, induce tranquillity, and soothe the mind.
Onion: Protection, healing, fertility, banishing.
Oregano: Protection, prosperity, abundance.
Parsley: Protection, fertility, purification, spirit communication.
Pepper, White: Repellent, protection, wards against evil, cleansing, purifying. Warming.
Pepper, Black: Repellent, protection, wards against evil, purification, cleansing. Warming. May be used to 'choke' a target when used in excess in hexing spells.
Rosemary: Protection, clarity, energizing, focus, learning, knowledge.
Salt: Protection, banishing, repelling.
Sugar: Sweetens relationships of any kind, happiness, energy, love, affection.
Tarragon (Estragon): Healing, comfort, relaxation, luck, banishing, love.
Thyme: Protection, clarity, energizing, warming, comfort, peace.

Extended Spice Rack

Allspice: Planetary Mars energy. Breaking spells, protection, willpower, determination, energy, courage, clearing obstacles and pathways, sex magic, healing, money and luck spells. Root chakra alignment. Warming. Aids digestive complaints, increases appetite, increases blood circulation, and in treating acne.
Almonds: Banishing, protection, beauty, fertility, longevity, energy, love. Planetary Saturn, Venus, and Mercury energies. Luck, prosperity, success, preservation, removing blockages.

Asafoetida: Protection, dreams, exorcism. May lower blood pressure.
Cardamom: Planetary Mars or Venus energy. Love, lust, aphrodisiac, calming, uplifting, body relaxation, mental stimulant, clarification, healing. Cinnamon substitute. Warming, expectorant properties with antibacterial, and anti-viral effects. May aid in digestive issues, and throat, chest complaints, and might provide relief for coughs.
Caraway seeds: Protection against loss, preservation, banishes evil ghosts (particularly from graves of loved ones), repels mischievous, motherhood, protects against thievery, love magic, memory. Good for digestive ailments, used as a cough remedy, stimulates the uterus, and helps with breast milk production. Do not consume during pregnancy.
Cashews: Earth magic. Offerings to earth spirits.
Cayenne pepper: Planetary Mars energy. Healing, protection, strength, motivation. Good for enticing decisions in your favour or hurrying them along. Can help in removing unwanted people from your life. Causes digestive discomfort and sweating in excess amounts. Can be used to create discomfort in another's life if they have slighted you.
Chamomile: Soothes, warms, calms, peace. Good for easing digestive discomfort and relaxation.
Chilli: See cayenne pepper.
Clove: Potency, aphrodisiac, healing, energy, money, prosperity, aphrodisiac, love magic, prevents gossip and jealousy. Fire element magic. Can be used in magic involving Jupiter. Analgesic, antiseptic and antibacterial properties. Useful in aiding digestive issues, problems with loose stool, and wind. Aids in removing acne when applied to the skin.
Coriander: Removes negativity, banishes evil, love magic, bonds, protection during travel, including astral travel.

Cumin: Warming, protection, breaks hexes, healing, love. Adds mild complexity to situations and relationships. Happiness, enjoyment.
Curry powder: See cayenne pepper.
Fennel: Air magic. Works well for planetary magic involving Mercury. Healing, protection from witchcraft, repels people, focus, memory, persuasion, confidence. Good for digestive complaints, fights hunger, may aid PMS and menopause, and might slightly increase breast milk production.
Mace: Similar to Nutmeg. Provides orange colouring Milder in properties to nutmeg. See nutmeg.
Marjoram: Protection, energy, luck, soothing grief, solar magic, passion, affection, creativity, business, legal issues, clairvoyance, prophesy, dreams. Summer celebrations.
Mulberry: Clarity, inspiration, protection, divination.
Nutmeg: Warming. Money drawing, divination, awareness, clarity, clairvoyance, happiness, sleep, confidence, calming, luck, abundance, prosperity. Great for Winter celebrations. Air element magic. Planetary magic involving Jupiter and Mercury. Caution to be exercised to avoid large quantities which induces hallucinations and can be toxic.
Paprika: Love, hex breaking, energy, lust, warming. Good for causing somewhat complex situations. Mars magic.
Peanuts: Good for Autumn celebrations. Earth magic.
Star anise: Air magic. Good for magic aligned with Mercury or Jupiter. Warming. Protection, abundance, lust, protection from nightmares, exorcism, divination, aids meditation, healing. May help to relieve cough, helps digestion, stirs appetite, may increase breast milk production.
Poppy seeds: Attraction, fertility, prosperity.
Turmeric: Warming, comforting, healing. Stains. Can stain a relationship or situation for better or for worse. May be used in temporary binding.

Vanilla: Soothing, comfort, peace, sweetens a situation or relationship.
Walnuts: Strength, resilience. Earth magic. Good for Winter celebrations.
Walnut shells: When in pieces, sharpens the mind or causes 'sharpness' to relationships or situations that may harm individuals or 'cut' them in half.

Fruits

Apple: Fertility, love, knowledge, learning, admiration, Chthonic works. Seeds may be applied to cursing pouches or powders.
Apricot: Excellent for Autumn celebrations such as Halloween. Sweetens relations.
Avocado: Money, prosperity, absorption, clears negativity.
Banana: Sex magic due to phallic shape, sexuality, fertility. Adds a softer edge for where there are hardships. Sweetens relations of any kind.
Bramble Berry (Blackberry): Healing, banishing evil spirits, divination, abundance. Some say its links to the Fae mean it should not be eaten. Others say it has ties to Lucifer, as he had allegedly landed on a bed of brambles after the Fall. In dreams, this fruit is thought to link to haste, death, sadness, remorse, and grief.
Cherry: Lust, sweetening relations, love, affection.
Figs: Peace, prosperity, love, absorbs negative energy, protection, healing.
Grapes: Fertility, abundance. Green adds money, prosperity. Red adds love or lust.
Honeydew Melon: Fertility, lust.

Kiwi: Protection, fertility, cleansing, healing, love, sex magic. Earth magic. Planetary magic involving Venus.
Lemon: Cleansing, purifying, love, protection, returning spells to sender. Use to 'sour' relationships or in break up spells/hexes. Can be otherwise useful in soothing situations – sickness relating to the throat and digestive tract, for example. May be used for easing respiratory issues to a degree.
Lemon peel: Protection, abundance, love, purifying, return to sender spells. Souring relations, or adding to desserts for a special touch showing heartfelt appreciation and care.
Lime: Purifying, returning spells, uplifting, energy.
Mango: Joy, fertility, attraction, love, lust.
Olive: Peace, protection, fertility, wisdom, longevity.
Orange: Uplifting, fertility, friendships, energy, prosperity, success.
Orange peel: Souring or sweetening relations.
Papaya: Fertility, sex, lust, love, protection, virility, stamina, wealth.
Peaches: Absorption, love, fertility, happiness, protection.
Pear: Stability, grounding, wisdom, health, protection.
Pineapple: Protection, prosperity, luck.
Plum: Protection, beauty, love.
Pomegranate: Incites love or increases love, lust, and fertility. Protection, abundance, wisdom, new beginnings. Connections to Underworld and Otherworld. Earth magic.
Prune: Longevity, removes obstacles.
Raisin: Abundance, prosperity, knowledge.
Raspberry: Love, prosperity. Sweetens things, may be stuffed with other sweetening ingredients. Traditionally known to be more prone to bug infestations. May also be used in hexes due to such associations.
Strawberry: Sweetens relations. Affection, love.
Tomato: Protection from evil, love, passion, creativity. Sours the mind and body in excess, and adds potential bitterness or

burning to a person's life if unripe or overripe. Unripe varieties can be toxic when consumed.
Watermelon: Good for incorporating water element. Sweetens relationships and situations, mildly cleansing, abundance, prosperity, fertility, friendships.

Vegetables

Asparagus: Prosperity, money, fertility, strength, stability, willpower, abundance.
Aubergine (Eggplant): Strength, fertility, knowledge, wisdom.
Brussels Sprouts: Strength, protection, healing, stability, endurance.
Broccoli: Abundance, health, prosperity, stability.
Cabbage: Luck, prosperity. Can be used to package other ingredients to contain and focus their power.
Carrot: Stubbornness, hardiness, strength, stability, energy, willpower, fertility.
Cauliflower: Abundance, fertility, prosperity, protection.
Celery: Fertility, strength, willpower, love, stamina.
Corn: Prosperity, abundance, fertility.
Courgette: Cooling, refreshing, abundance, prosperity, fertility.
Cucumber: Beauty, fertility, healing. Lunar magic. Venus magic.
Eggplant: See *Aubergine*.
Kale: Healing, strength, endurance.
Leek: Protection, purification, love, positivity, banishing.
Lettuce: Abundance, fertility, love, soothing, uplifting, energy. May cool a hot temper.
Parsnip: Stability, grounding, endurance.

Pickles: Sours things and people's emotions, comforting, protection, cleansing.
Potato: Health, abundance, protection, stability. Poisonous when raw and can be used in hexing in this state. May be carved into a human shape and used as a poppet. Absorbs negativity.
Pumpkin: Health, strength, willpower, stubbornness, abundance, Underworld, Chthonic spirits. Drives away negative spirits when used as Jack O' Lantern.
Scallion: Stability, communication, stamina, prosperity, protection, repelling.
Spinach: Health, healing, strength, endurance, prosperity, wealth, fertility.
Swede: Health, stubbornness, strength, hardiness, willpower, endurance. Purple and orange shades may help in connecting one to, or fortifying and cleansing, chakras associated with these colours. Great for earth elemental magic and spirit working. Connected to Underworld and spirit magic.
Turnip: Health, stubbornness, strength, hardiness, endurance, banishing. Connected to the Underworld and Chthonic energy. Great for Halloween celebrations.
Yam: Love.
Zucchini: See *Courgette*.

Other / Junk Food

Bread: Prosperity, abundance, high yields, fertility, willpower.
Hotdog: Prosperity, abundance, sex magic.
Ice Cream: Sweetens relationships and situations, happiness, abundance, fertility. Offering to house spirits. Additions, such as mint, will include those attributes on top.

Pasta: Depends on the shape, but base properties are abundance, willpower, and prosperity. A spiral shape may be used to draw or repel, or increase creativity. Straight spaghetti is associated with abundance, prosperity, breaking old habits when snapped, protection. Bow shaped pasta is associated with business, prosperity, illusions, work, first impressions. Stuffed pasta is associated with base affiliations and what it is stuffed with. Stuff with herbs and meats that align with what you want to manifest when making.
Pizza: Homemade pizza can be filled with the entirety of your desires. Pre-made depends on toppings
Toast (Bread type): Sliced white bread that is typically sweet. Energy, activity, sweetens situations and relationships, attracts, fertility, childhood.
Tofu: Abundance, prosperity, fertility.

Legumes

Chickpea: Prosperity, abundance, love, fertility, motherhood.
Baked Beans: Peace, abundance, prosperity.
Garden Peas: Abundance, peace, love, prosperity, beauty.
Green Beans: Protection, peace, prosperity, love, beauty, abundance.
Kidney Beans: Healing, abundance, health,
Soybean: Abundance, prosperity, fertility. health,

Dairy Products

Butter: Protection, abundance. Fattens relations (increases the beneficial nature). Making situations slippery. Raises effectiveness of other ingredients.
Condensed Milk: Sweetens, attraction, fertility, abundance, Spring. Offering to house spirits.
Cheese: Comfort, delight, earth magic, abundance.
Cream: Fertility, abundance, luck, money. Fattens relationships and situations. Introduces beneficial complexity to relationships and other situations.
Eggs: Abundance, fertility, luck, absorbing. Perfect for Spring celebrations.
Egg Shells: Shells can be crushed and used to make chalk, useful in banishing and repelling works.
Ghee: See butter.
Milk: Abundance, Spring, fertility, strength. Think of these associations when mixing into your dough. Can soothe the mind and body, may calm the digestive system when served hot. Can weaken certain effects of other ingredients. Causes mildness. When sour it can be used in cursing situations or people.
Yoghurt: Cooling, soothing, health, beauty. Excellent for introducing good flora into the gut if high quality. Sweetens relations.

Meats

Generally speaking, meats have some common uniting attributes in my work. These are prosperity, abundance and sometimes healing. Some meanings are a reflection of my culture.

Beef: Prosperity, abundance, joy, courage, strength.
Pork: Abundance, prosperity, stubbornness, hardiness. Sometimes uncleanliness, bad luck.
Lamb: Sacrifice, abundance, prosperity, money.
Salmon: Prosperity, abundance, money, knowledge, healing, joy, hope, luck.
Tongue: Courage, abundance, confidence. Creating dissent, cursing.
Tripe: Abundance, healing. Entrapment, binding, closing cases.
White fish: Abundance, prosperity, healing, strength, luck.

Specialized Herbs & Other Ingredients

What is considered 'specialized' may differ from person to person, especially where culture, customs, and cost of living are concerned. Some would be considered luxury items. Please keep this in mind as many may be common to an Indian individual but not so much for a person from Luxembourg etc.

Asafoetida: Protection, focus, concentration, grounding, banishing and repelling malicious spirits. Eases digestive issues, and may aid some respiratory and candida related problems.
Bay leaf: Useful to bury wishes inside of food and to disperse into soups, stews, and curries. Any leftover that are likely to expire may be burned with wishes written upon them to aid in their manifestation.
Blackcurrant: Comfort, abundance, cleansing.
Cacao powder: Warming. Bitter without sugar. Can be used to chew on in nib form for nutrition. In regular cooking, it may be used to grow fondness for another individual, incite affection,

lust, and romance, create comfort, and appreciation. May otherwise sour relations if desired or cause bitterness in another's life, business, or relations.
Celery: Lust, concentration, psychic powers and visions, protection, sleep, cleansing.
Chocolate: Love, lust, enhances relationships of any kind.
Coriander: Invoking peace, tranquillity, healing a broken heart. Love, lust, sex magic, healing, prosperity, divination, peace, reconciliation. May aid gastrointestinal tract. Reduces blood sugar.
Fenugreek leaves: Fertility, femininity, breast health. May help increase breast milk production.
Figs: Fertility, abundance, divination, luck. Jupiter magic.
Gum Arabic: Binding, foundational stability, grounding. Money and love spells. Chthonic and necromantic magic due to coming from the Acacia tree.
Himalayan salt: Earth magic, love, attraction, admiration works. Protective qualities but purified salt is better in protection work.
Juniper berries: Protection, removes negativity, breaks curses.
Kaffir Lime: Dispels bad luck, purification.
Kelp: Salty and therefore protective. Binds. Full of iodine and somewhat versatile. Useful for incorporating earth or water element magic. Allow to dry and roll other foods inside to create parcels containing wishes or healing intent etc. Or bake until crispy to create a snack. This snack may be used to draw invisible symbols and sigils upon. Food colouring may alternatively be employed to form visible patterns for any intended purpose.
Lemongrass: Lemon flavoured herb. Soothes, comforting, sedative, sleep, dream work, anti-anxiety. May lower blood pressure and interfere with thyroid function.
Liquorice Root: Healing, cooling, sweetens relations of any kind and situations. Increases blood pressure and sugars.

Mushrooms: Intelligence, growth, fortifies relationships and friendships, knowledge, learning, protection, healing, abundance, prosperity. Earth magic.
Mustard seed: Warming and pungent. Repelling, protective.
Neem leaves: Warding, protects against malevolent spirits, healing. Can repel insects. Reduces blood sugar.
Nigella seeds: common in Indian cuisine. Warm.
Oats: Healing, protection, fertility, stability, endurance, happiness, friendship, family, persistence.
Olives: Protection, healing, abundance, tranquillity, prosperity.
Passion Flower: Sleep spells and magic, anxiety relief, peace, friendship, removing negativity and anger. Magic relating to passion and love.
Peas: Protection, money, love, attraction.
Pink peppercorns: Repels, protection, attraction, attraction, admiration.
Plantain: Travel protection, strength, freedom, healing, attraction, prosperity, grounding, communication. Venus magic. Soothes respiratory system and gastrointestinal tract.
Red Currant: Lust, compassion, passion.

Red rose: Lust, sexuality, romance, beauty.

Rhubarb root: Sweet or sour works. Can be toxic if not handled correctly.
Saffron: Royalty, luxury, excess, warmth. Adds red colour to food.
Spearmint: Healing, mental clarity, protection, luck, prosperity.
Watercress: Water or earth elemental magic. Great for garnishing salads.
Xanthan gum: Binds, healing, longevity, flexibility in life. Used in confectionery and for creating elasticity in doughs etc. Binds incense together.

Condiments

BBQ Sauce: Joy, celebration. Clouding judgement and situations.
Brown Sauce: Inviting fresh perspectives and scenery.
Mustard: Spices things up. Repels, cleanses, useful in banishing & can help reflect magic attacks. Removes pathway blockages.
Brown Vinegar: Health, cleansing, protection, sours, deepens what is already sour. Removes negativity, purification, cleansing. Invite new perspectives, remove blockages.
Ketchup: Prosperity, abundance. Sweetens people and relationships. High acidity versions can be incorporated into works for stirring up arguments.
Malt vinegar: Healing, creates transparency in communication, cleanses, removes negativity, purification, new perspectives, removing blockages.
Mayonnaise: Abundance, prosperity, fertility, soothing, smoothing bumps in the road. Good for building foundations as this is a common base ingredient in many other sauces.
Worcester Sauce: Creating or easing complications, repels, cleanses, removing blockages.

Alcohols

Beer: Abundance, prosperity, appeasement, joy, celebration, new and old friendships, omens, lust. Offering to spirits.
Brandy: Cleansing, family, appeasing, clarity, protection. Offering to spirits.
Champagne: Joy, celebration, love, lust, romance, prosperity, wealth, relaxation. Offering to spirits.

Rum: Protection, prosperity, appeasing, clarity, strength, family and friendships, hexing, hexing breaking, banishing. Offering to spirits.
Vodka: Protection, prosperity, clarity, cleansing, hexing, hex breaking, banishing, prosperity. Offering to spirits.
Whiskey: Cleansing, appeasing, inviting new friendships and relationships, hex breaking, curses. Offering to spirits.
Wine, Red: Romance, relaxation, lust, strength, relaxation, fertility, healing, love. Offering to spirits.
Wine, White: Romance, relaxation, lust, love, strength, fertility, healing. Offering to spirits.

Other Liquids

Honey: Soothes, nourishes, beauty, binds. Sweetens relationships of any kind. Incites adoration, affection, appreciation, love, and lust. Makes situations ‘sticky’, or ‘sticks’ one person to another. Same attributes even when solidified.
Soy Sauce: Preservation, protection, cleansing.
Water: Cleansing, purification, protection, blessing, dispersing, diluting.

Cooking Oils

Corn Oil: Abundance, fertility, healing.
Grapeseed Oil: Protection, abundance, fertility, neutralizing negativity.

Olive Oil: Blessing, protection, abundance, prosperity, fertility, healing.
Rapeseed Oil (Canola): Prosperity, abundance, neutralizing negativity, heating up relationships.
Soybean Oil: Prosperity, neutralizing. Substitute for other oils.
Sunflower Oil: Protection, prosperity, fertility, money, growth, abundance, healing.
Vegetable Oil: Abundance, fertility, prosperity, neutralizing negativity.

Flavouring Oils & Powders

While inherently artificial in most cases, the likeness of smell and taste can still incite the same feelings and effects of the real thing. Where the real thing may lack or have run out, some households might still have a bottle of food essence or coffee syrup laying around. The below may be used in your craft should you desire:

Caramel: Sweetens people and situations,
Coffee Mate: Smoothing situations, soothing.
Peppermint: Confidence, focus, energy, alertness, clarity. Can cause burning to people and situations in excess.
Rose: Love, lust, romance, mildness, emotions.
Toffee: Attraction, comfort. Use to appease house spirits.
Vanilla: Soothing, comfort, protection.
Walnut: Protection. Earth magic.

Syrups

Caramel: Comforting, attraction, sweetens deals and relationships. Offering to household spirits.
Hazelnut: Earth magic, wisdom, protection, wishes, fertility, luck, attraction. Sun magic.
Maple: Abundance, protection, sweetens, attraction, love, longevity. Offering to house spirits.
Pumpkin Spice: Great for celebrating the Autumn season. Magical meaning depends on intent and ingredients. The most common would apply – Wealth, prosperity, happiness, success, home and hearth, health, money magic, love magic.
Rose: Love, beauty, lust, admiration, attraction.
Toffee: Sweetens, comfort, attraction. Offering to household spirits.
Vanilla: Protection, healing, warmth, comfort, attraction, soothing, relaxing.

Teas/Other Herbs

Several teas and general ingredients to use in a brew may already be in your kitchen cabinet, or are readily available at a local shop. You may easily find others in a back yard. Some nutrition can be found in common weeds. Just pluck them from a location where traffic doesn't pass by often, otherwise you will drink the pollutants expelled from a car exhaust pipe.

Allspice Berries (Pimento Berries): Breaks spells, clear energy blockages, protection against evil, increases courage, willpower, and energy. Healing, sex magic, money magic.
Agrimony: Healing, attraction, protection, sleep. Tradition tells us not collect tis herb with metal tools.
Ashwagandha: Healing, protection. Stimulates the thyroid gland. Do not take if you are due surgery.
Barberry Bark: Protection – especially for children, consecrated pieces can be used in counter magic, protection against evil, and reflect curses.
Black Tea Leaves: Energy, death, rebirth, stability, courage, wealth, banishing, willpower, alerting, new journeys.
Boneset: Protection. Wards off evil energy, disease, and demons.
Borage (Starflower): Attraction, healing, repelling, banishing, happiness, purification, motherhood, dreams. Tea may increase breast milk for women. May cause sleepiness, sweating, and could improve nervous conditions.
Calamus Root: Protection, wards against evil energy, aphrodisiac, lust, strength.
Cat's Claw: Unblocks pathways physically and spiritually. Healing. Helps gastrointestinal issues and may better the immune system.
Clivers Herb: Healing, soothing, expelling. Diuretic. May aid in lymphatic health.
Coffee: Grounding, energizing, opens pathways, enhances effects of other ingredients, hurries people and situations. May be used to cause anxiety or stress to others or situations. Planetary energy aligns with Mars. Used in place of tea leaves in reading the grounds inside a coffee cup.
Coltsfoot: Retrieving lost love.
Comfrey: Protection during travels (including astral travel), protection from theft, removing negativity, healing.

Cornstalk: Immortality, fertility, rejuvenation, sacrifice, honour, protection.
Dandelion: Protection, divination, dream work, spirit contact. Diuretic, may reduce water retention.
Dill: Love magic, repels negative spirits, breaks curses, removes jealousy, wealth, prosperity, passion, tranquillity, balances emotions, protection.
Echinacea: Protection, immune boosting.
Elderberry: Protection from evil, healing, dreams, blessing, renewal, Chthonic magic.
Elecampane: Protection, luck, appeasing the Fae and breaking their spells. Protection against disease and demons.
Eucalyptus: Protection, cleansing, opening pathways. Great for opening airways.
Eyebright: Clarity, clairvoyance, thunderstorms, memory, strengthens the third eye and visions. Alleged to help eyesight.
Feverfew: Purification, protection, happiness. May help with migraines in long-term use.
Gentian: Counters effects of evil spirits, healing, removes illusions.
Ginseng: Wish magic, beauty, vitality, passion, love magic, longevity, soothing.
Goat's Rue: Healing, attracting abundance, wards off 'evil of disease'. May reduce blood sugar if ingested.
Golden Rod: Money magic, protection during travels and safeguarding personal goods. Diuretic. May help gastrointestinal issues and the lungs.
Gota Kola: Clarity, concentration, virility, longevity, lust, fertility, stamina, sex magic.
Green Tea Leaves: Healing, energy, stability, cleansing, longevity, love.
Hawthorn Berries: Protection, ward away evil, hope, remove psychic vulnerabilities. May regulate blood pressure, and reduce mild palpitations. May also stimulate the bowels.

Hibiscus: Love, romance, passion, aphrodisiac, freedom, harmony psychic abilities, lucid dreaming, prophesying.
Hops: Sleep, calm, sedative, dream work. Nutritious. Absorbs dreams, hopes, desires to later be consumed by others.
Horehound: Protection, counter magic, wards against evil, moon magic.
Horny Goat Weed: Vitality, lust, love, sex magic.
Horsetail: Healing, strength.
Hyssop: Exorcism, protection, purification, cleansing, blessing.
Ladies Mantle: Dreams, sleep, relaxation, healing.
Lavender: Calm, sleep, sedating, dream work, wards off evil spirits, protection, promotes peace and harmony. Helps relief headaches, sore throats, certain wounds, and digestive issues.
Lemon Balm: Calm, sleep, sedating, anti-anxiety, dream work.
Marigold: Healing, immortality, Underworld, calming, love magic. Said to help dry skin. May help nausea and indigestion. May also help regulate menstruation.
Masala Chai: As this tea contains many spices with milk, its effects vary according to ingredients but typically offers the following in magic depending on intent – Planetary Mars or Venus energy. Grounding, healing, energizing, soothing, lust, sweetens situations, abundance, protection, prosperity.
Meadowsweet: Lust, short-lived love affairs, protection, courage.
Menthol: Protection, purification, clears negativity, concentration, luck.
Milk Thistle: Womanhood, fertility, happiness, protection, banish negative energy, wards against evil.
Motherwort: Protection, dreams, removes hexes, wards against evil.
Mugwort: Psychic abilities, protection, overcoming obstacles, lucid dream work and astral travel. Traditionally used for its sedating and laxative effects, regulating menstrual cycles, and

easing digestive issues. Not to be used during pregnancy. Bitter taste.
Mulberry Leaves: Psychic abilities, wisdom, strength.
Mullein: Underworld, crossroads, Chthonic entities, protection, courage, health, fertility, invocation of spirits, dream work, prophesying. Planetary Saturn energy according to Culpeper, or Mercury energy according to Agrippa. Great expectorant; use for clearing the respiratory system when drank as tea. Bitter. Tinctures may be used in treating migraines. Stalks and rolled up leaves were traditionally used as candle wicks.
Nettle Leaf: Protection, vitality, health, courage. Soups made with this herb are nutritious, though the iron content may inhibit the absorption of certain medications. Diuretic, may aid fluid retention. Can be made into a soup.
Peppermint: Confidence, focus, energy, alertness, clarity. Can cause burning to people and situations in excess.
Raspberry Leaves: Health, love, protection, expelling, aphrodisiac. Diuretic. Do not use when pregnant.
Red Teas: Love, attraction, lust, beauty.
Rooibos: Strength, determination, perseverance, patience, wisdom, fertility, healing.
Rosehip: Prosperity, healing, abundance, wealth, fertility, protects against nightmares.
Rue: Protection, repelling, hex breaking, banishing, cleansing, consecration, enhances third eye and vision capabilities. May protect against nightmares, and ensure safe astral travel. Not to be mistaken for Goat's Rue. Do not handle while pregnant.
Schisandra Berries: Sleep magic, healing, cleansing. May alleviate certain menopause related ailments such as sweating and heart palpitations. May cause weight gain.
Sheep's Sorrel: Wards off lice. Protects livestock against disease and worms.

Skullcap: Sedative, sleep, dream work, exorcism, protection during spirit journeys. Toxic to the liver. May cause liver failure in long term use. Short term use only.
St. John's Wort: Relaxation, soothing, sleep and dream magic.
Tarragon Leaves: Abundance, love, prosperity, healing.
Valerian: Sleep, sedating. Short term use only. Toxic to liver. Highest dosage currently unknown in humans.
Vervain: Protection, purification, divination, astral work, psychic abilities, love magic.
Willow Bark: Protection, breaking hexes.
White Teas: Clarity, protection, purification, cleansing, happiness, fertility.
Winter Savoury: Banishing, Antiseptic properties.
Wormwood: Dream work, sedating, sleep, calming, hallucinations. Toxic.
Yarrow Herb: Protection, divination, courage, friendship.
Yellow Teas: Wealth, success, prosperity, happiness, energy, sun magic, purification, health.
Yerba Mate: Energizing, reaching goals, swiftness, uplifting, productivity, alertness, confidence. Hurries things to any way you see fit.

Sources:
Personal practices and beliefs.
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Encyclopedia of 5000 Spells by Judika Illes.
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